

## ANALYSIS OF THE UNIQUE ROLE OF AESTHETIC COGNITION IN ART EDUCATION IN DEVELOPING BRAIN POTENTIAL

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**Background:** Art education refers to a kind of socialized behavior that educators use certain means to train the educated to form an overall understanding and creative ability of art. The task of art education is to infiltrate aesthetic theory into people's aesthetic psychology and aesthetic consciousness, so as to cultivate people's aesthetic ability and creative ability. In the process of promoting quality education, more and more people realize the unique role of art education in improving and perfecting people's quality. Especially after aesthetic education was included in the educational policy, art education received unprecedented attention, ushered in new development opportunities and entered an important period of development. Art curriculum has a humanistic nature. It is the main way for schools to carry out aesthetic education. It is a compulsory art curriculum for all students in the nine-year compulsory education stage. It plays an irreplaceable role in the process of implementing quality education. It not only cultivates students' sentiment, improves their aesthetic ability, and guides students to participate in cultural inheritance and exchange, but also develops students' perception ability and image thinking ability, forms students' innovative spirit and technical consciousness, and promotes students' personality formation and all-round development. It lays a foundation and points out the direction for deepening the role of art in developing brain potential and promoting mental health.

**Subjects and methods:** In the process of promoting quality education, more and more people realize the unique role of art education in improving and perfecting people's quality. This paper discusses the unique role of art education in developing brain potential and promoting mental health, and points out that seeking the organic combination of art education and mental health education should become the direction of joint efforts of art education and mental health education in the future.

**Results:** This paper holds that the development of brain potential focuses on the development of the right brain and the coordination of the left and right brain. Art education develops the whole brain potential by activating the right brain. The new curriculum standard defines the function of art mental health education, and art education embodies the connotation of mental health. With its unique non-verbal expression, art education uses the perception of beauty to achieve the purpose of self-healing and nurturing the healthy growth of the mind by transferring and transforming creativity and aesthetic experience and adjusting people's mentality.

**Conclusions:** As the saying goes, "the speech of behavior is the voice of the heart". Art not only reflects and exercises people's attention, observation, imagination, memory, thinking and other psychological abilities, but also affects various psychological qualities such as interest, emotion, will and character. At the same time, it can activate the right brain. Explore the potential of developing brain potential and promoting mental health in art education. Through art activities, improve students' sensibility, promote students to have a deeper understanding of classic works and themselves, be more sensitive to their own hearts, make their psychological feelings more positive and active, and further develop their brain potential, especially the right brain potential, so as to enrich the forms of mental health education. Therefore, seeking the organic combination of art education and mental health education should become the direction of joint efforts of art education and mental health education in the future.

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## INVESTIGATION ON THE CORRELATION BETWEEN SHALLOW READING AND MASS CULTURE COMMUNICATION AND ANALYSIS OF PSYCHOLOGICAL FACTORS

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**Background:** In today's world, with the progress of science and technology and the development of productivity, the time and degree of revolutionary changes in people's production and life style are shortened and intensified. Various modern communication elements such as fast food culture, instant communication and massive information interact with people's original social psychological system, which

has a great impact on people's psychological adaptability. Shallow reading is a direct and concrete manifestation of this impact on the audience's psychology. The Sixth Plenary Session of the 17th CPC Central Committee profoundly pointed out that we should firmly establish socialist core values and promote the great prosperity and development of socialist culture. The emergence of shallow reading phenomenon reflects the trend of entertainment, personalization, utilitarianism, differentiation and selectivity of audience psychology. Media managers are required to adhere to the correct value orientation of cultural communication, constantly adapt to the psychological changes of the audience, provide more targeted cultural communication products to meet the different needs of the audience, and prosper and develop socialist culture from the level of cultural communication industry.

**Subjects and methods:** This paper will start with the biggest environment of network communication, which is the phenomenon of shallow reading. Firstly, the psychological factors of shallow reading as a means of shallow reading behavior are investigated. Then, the psychological factors between shallow reading and shallow reading behavior are studied by using survey data and psychoanalysis. Finally, it comprehensively analyzes the shallow reading phenomena such as web page reading, mobile phone reading, paper reading and audio-visual reading. This paper analyzes the universality and particularity of the psychological motivation, attention and implicit needs of the audience's shallow reading behavior, and then obtains the media operation strategy and cultural communication industry strategic suggestions to adapt to the contemporary audience's psychology.

**Results:** Emerging media such as the Internet and mobile phones are the material and technical conditions for the rise of shallow reading. Traditional media are also constantly changing the content and form of communication in order to better adapt to this influence. In depth reporting plays a sacrificial role in the communication of modern mass culture. The essence of the change of the status of shallow reading and deep reading in cultural communication is a historical game at both ends of the same psychological model.

**Conclusions:** The research on shallow reading as the psychological factor of mass culture communication is a new topic born from the combination of the development of computer and network technology and the field of psychology, which reflects the development trend of integration and reference of various disciplines. On the one hand, the combination of network technology and traditional psychology promotes the networking trend of psychological research. On the other hand, psychology has taken the psychological behavior and phenomenon in the network as its own research content.

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## CLINICAL ANALYSIS OF THE EFFECT OF MUSIC EDUCATION ON EMOTION REGULATION IN PATIENTS WITH DEPRESSION

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**Background:** Depression is a common mental disease, mainly manifested in emotional loss and cognitive impairment, which belongs to mental disease. Affected by this condition, patients will lack interest in things around them. At the same time, in the process of treatment, because it takes a long time, the economic pressure will be large, which will cause a certain burden on the patient's family and reduce the patient's quality of life. This paper studies and analyzes the psychological effect of music assisted therapy on patients with depression.

**Subjects and methods:** This paper selects 76 patients with depression treated in our hospital from March 2017 to March 2019 as the research object, and is divided into experimental group and reference group, with 38 cases in each group. The reference group received routine nursing, and the experimental group received music assisted therapy. The psychological regulation of the two groups was compared and analyzed.

**Results:** The mental health level of the experimental group was significantly better than that of the reference group, the data were different, the difference was statistically significant, and the treatment effect of the experimental group was higher than that of the reference group, the difference was statistically significant. Music therapy can relax the mood of patients with depression, make them find the point of release and vent, learn to express their inner feelings, stabilize the internal environment of patients, and provide a safe and pleasant interpersonal environment for patients with depression. Music therapy can not only alleviate patients' depression, but also awaken their enthusiasm for life and block the onset of depression from the root.